

# Therapeutic/Holistic Massage

Since the times of the Greeks and Romans massage has been a form of therapy. The Holistic Massage treats the whole person, mentally, physically and emotionally. There is an interconnection between the workings of the mind and the body - emotional distress often manifests itself physically and physical pain can affect us emotionally. We are well only if our bodies and minds co-operate in creating a state of well being for the entire body. The human body is not made up of parts it is whole - Mind, Body and Spirit.

## WHAT MASSAGE DOES

- Eliminates muscle tension
- Tones muscles
- Stimulates circulation and distributes oxygen to all the tissues
- Mobilises the tissue
- Restores joint movement
- Stimulates lymphatic drainage
- Helps the removal of waste
- Soothes comforts and rebalances energy flow leaving you with a feeling of peace and tranquility

A treatment lasts for between ½ and 1¾ hours. Care is taken to ensure client modesty and an initial confidential consultation takes place before the therapy commences